



The Bullet Journal Method: Track the Past, Order the Present, Design the Future

Ryder Carroll

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For years Ryder Carroll tried countless organizing systems, online and off, but none of them fit the way his mind worked. Out of sheer necessity, he developed a method called the Bullet Journal that helped him become consistently focused and effective. When he started sharing his system with friends who faced similar challenges, it went viral. Just a few years later, to his astonishment, Bullet Journaling is a global movement.

The Bullet Journal Method is about much more than organizing your notes and to-do lists. It's about what Carroll calls "intentional living:" weeding out distractions and focusing your time and energy in pursuit of what's truly meaningful, in both your work and your personal life. It's about spending more time with what you care about, by working on fewer things. His new book shows you how to...

- **Track the past:** Using nothing more than a pen and paper, create a clear and comprehensive record of your thoughts.
- **Order the present:** Find daily calm by tackling your to-do list in a more mindful, systematic, and productive way.
- **Design the future:** Transform your vague curiosities into meaningful goals, and then break those goals into manageable action steps that lead to big change.

Carroll wrote this book for frustrated list-makers, overwhelmed multitaskers, and creatives who need some structure. Whether you've used a Bullet Journal for years or have never seen one before, *The Bullet Journal Method* will help you go from passenger to pilot of your own life.

The Bullet Journal Method: Track the Past, Order the Present, Design the Future Details

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Emma Sea says

I really liked this, and I am not a Boho Berry or Llamas Love Lettering fan. Ryder states outright not to keep Collections or Trackers unless you are learning and growing from the information. FYI there's a good subreddit - /r/basicbulletjournals - if you are into the practicality of planning & journaling and not the brush pen lettering and folk art floral motifs.

I particularly liked his description of planning project sprints, which was the whole of Sprint usefully condensed down into 3 pages. I'd read it again for that alone.

Ryder also stresses the importance of reflection on a daily and monthly basis: of asking yourself what is really useful, and actually working, and culling the extraneous.

Recommended

Dannii Elle says

I first heard of this book from an insanely talented Youtuber, called Boho Berry. If you have an interest in bullet journaling then you are probably already familiar with her beautiful daily spreads, extensive collections, and the gorgeous artwork and lettering that she creates with seeming ease. Each of her videos exudes productivity and I watched her videos longing to emulate her success.

I started my own bullet journal and promptly neglected it, finding dissatisfaction in how it didn't measure up to this BuJo' master's. I started again, with a simpler design and found it to work for me, but I still felt like there was something missing from it. I enjoyed setting up my monthly spreads but dreaded returning back to it, on a day-to-day basis, viewing it as another chore that was added into my already packed lifestyle.

When I saw Boho Berry's rave review for this book then I knew that reading this was the step I needed to take in making my bullet journal work better for me. And I was correct, but not quite in the way I first thought.

I assumed this book would teach its reader the 'hows' of bullet journal, instead it focused on the 'whys'. On times it seems to neglect bullet journals all together, as it forced the reader to assess their reason behind all of their daily actions, and to why aspects of their lives weren't currently working for them. It is only later that he introduced just exactly how bullet journals could be an aid in curing that. Areas such as imperfection and control were covered and it really opened my eyes to how I had been bullet journalling wrong, all these many months.

It made me realise that part of the bullet journal appeal for me was purely aesthetic. I loved to view artistic daily spreads, complete with calligraphy headers and washi tape dividers. For me, this didn't work because there was no 'why' behind my wanting it. Aesthetics wasn't enough and the reason I felt such dissatisfaction was that this particular bullet journal set-up had no purpose in my life and so I was ultimately failing to connect with it. It became just another chore I had added, without making my daily processes any easier.

Bullet journalling is an extremely helpful tool but also an extremely personal one, which is why no two will look the same. This life guide/bullet journalling how-to instructed me on organising my day, better managing my time, and transferring my dreams into goals, which is what makes this perfect for amateur and expert Bu-Jo'ers alike.

I received a copy of this book in exchange for an honest review. Thank you to the author, Ryder Carroll, and

the publisher, Portfolio, for this opportunity.

Veronique says

4.5*

“It’s not about how your journal looks; it’s about how it makes you feel and how effective it is.

I’ve always kept notebooks, especially for work, which I would use in conjunction with digital tools, logging every day all I did, writing to-do lists, and planning projects. This proved to be a life saver on many occasions - and also surprisingly a source of enjoyment (the one of writing with a fountain pen on quality paper). When the Bujo trend wave hit me, about one year and a half ago, I was curious to see what it entailed and if it would be something for me. If you’ve seen all the examples floating out there, there are beautifully artistic and also very intimidating, and wouldn’t work for me, particularly in a professional environment. However, I could see how the basics of the system had value, especially the Index - how can something so simple have such a huge effect! - and added them to my arsenal.

Queue Now. Ryder Carroll’s book surprised me a lot! I was expecting information on how it all started and how the method ‘works’. And this is all here, in very clear writing. It is after all a simple idea, easy to put into practice, and for ever adaptable! What I wasn’t expecting was the Why! With the aim of being the most efficient and meaningful one can be, Carroll strips everything away, borrowing concepts from Stoicism, Mindfulness, and Japanese schools of thought, to name a few. It all actually makes a lot of sense, in a very down to earth kind of way. These, of course, you can take or leave. I personally was intrigued, perhaps because I have recently been looking into those philosophies to help me deal with the stresses of every day life.

In all, a very interesting and useful read.

From Reader Review The Bullet Journal Method: Track the Past, Order the Present, Design the Future for online ebook

From reader reviews:

Christine Wormley:

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Past, Order the Present, Design the Future book because this book offers you rich data and knowledge. Of course the knowledge in this book hundred per-cent guarantees there is no doubt in it you probably know this.

Christopher Dixon:

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Stacie Schneider:

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